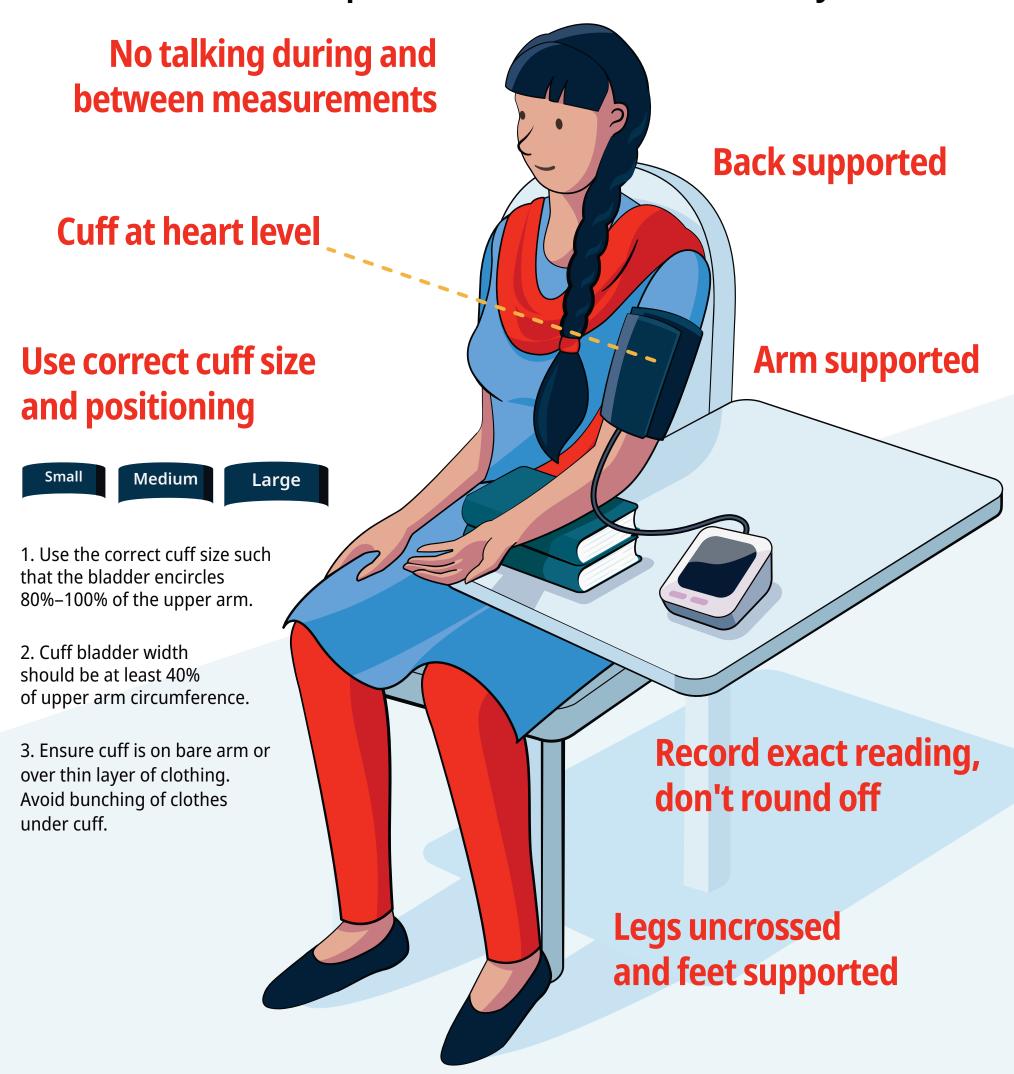
BP Measurement Checklist

Measure blood pressure of all adults ≥ 30 years



Ensure the person has not exercised, had tea/coffee, or used tobacco in the last 30 minutes Person should rest comfortably and quietly for 5 minutes before the reading

